

What To Expect During Stages Of Labor?

First stage

- It has three phases, including early labor, active labor, and transition phase.
- Mild contractions occur 15 to 20 minutes apart, while severe contractions occur every 2 to 3 minutes.



Second stage

- It involves pushing the baby into the birthing canal and delivering the baby.
- The duration of this stage may range from 30 minutes to two hours, with longer and stronger contractions.



Third stage

- It involves delivering the placenta after childbirth and takes about six minutes.
- The contractions are mild and less painful, occurring 5 to 10 minutes after delivery.

